ICS-Containing Inhaler Estimated Dose Categorizations

Adults and Adolescents 12 Years and Older

Disclaimer: Data on comparative potency of ICS-containing medications is limited. This document does not present equipotent dosing information, but presents estimated dose categorizations based upon recognized clinical guidance for the treatment of asthma and manufacturer product labeling.

ICS Inhaler Estimated Dose Categories in Adults and Adolescents 12 Years and Older

Age 12+ | Age 12+

	Alvesco	Arnuity Ellipta	Asmanex HFA	Asmanex Twisthaler	Flovent Diskus	Flovent HFA	Pulmicort Flexhaler	QVAR RediHaler
Generic	Ciclesonide	Fluticasone furoate	Mometasone	Mometasone	Fluticasone prop.	Fluticasone prop.	Budesonide	Beclomethasone
Delivery	METERED DOSE	DRY POWDER	METERED DOSE	DRY POWDER	DRY POWDER	METERED DOSE	DRY POWDER	METERED DOSE
Indication	A Asthma: 12+ yrs	A Asthma: 5+ yrs	A Asthma: 5+ yrs	A Asthma: 4+ yrs	A Asthma: 4+ yrs	A Asthma: 4+ yrs	A Asthma: 6+ yrs	A Asthma: 4+ yrs
Available Product Strengths	80 mcg/inh; 160 mcg/inh	50 mcg/inh; 100 mcg/inh; 200 mcg/inh	50 mcg/inh; 100 mcg/inh; 200 mcg/inh	110 mcg/inh; 220 mcg/inh	50 mcg/inh; 100 mcg/inh; 250 mcg/inh	44 mcg/inh; 110 mcg/inh; 220 mcg/inh	90 mcg/inh; 180 mcg/inh	40 mcg/inh; 80 mcg/inh
Low Dose†	1 puff BID	1 inh. QD; 1 inh. QD	1 puff* BID	1 inh. QD	1 inh. BID	2 puffs BID; 1 puff BID	1-2 inh. BID; 1 inh. BID	1-2 puffs BID; 1 puff BID
Medium Dose†	1 puff BID	1 inh. QD	2 puffs BID; 1 puff* BID	2 inh. QD or 1 inh. BID	2 inh. BID; 1 inh. BID	2 puffs BID; 1 puff BID	2 inh. BID	2 puffs BID
High Dose†	2 puffs BID	1 inh. QD	2 puffs BID	2 inh. BID	2-4 inh. BID	2-4 puffs BID	3-4 inh. BID	3-4 puffs BID

ICS/LABA and ICS/LAMA/LABA Inhaler Estimated Dose Categories in Adults and Adolescents 12 Years and Older

Age 12+ | Age 12+

	Breo Ellipta	Dulera	Advair Diskus	Advair HFA	AirDuo RespiClick	Symbicort	Breztri Aerosphere	Trelegy Ellipta
Generic	Fluticasone fur./ Vilanterol	Mometasone/ Formoterol	Fluticasone prop./ Salmeterol	Fluticasone prop./ Salmeterol	Fluticasone prop./ Salmeterol	Budesonide/ Formoterol	Budesonide/ Glycopyrrolate/ Formoterol	Fluticasone fur./ Umeclidinium/ Vilanterol
Delivery	DRY POWDER	METERED DOSE	DRY POWDER	METERED DOSE	DRY POWDER	METERED DOSE	METERED DOSE	DRY POWDER
Indication	A Asthma: 5+ yrs C COPD	A Asthma: 5+ years	A Asthma: 4+ years C COPD	A Asthma: 12+ years	A Asthma: 12+ years	A Asthma: 6+ years C COPD	C COPD	A Asthma: 18+ yrs C COPD
Available Product Strengths	50/25 mcg/inh; 100/25 mcg/inh; 200/25 mcg/inh	50/5 mcg/inh; 100/5 mcg/inh; 200/5 mcg/inh	100/50 mcg/inh; 250/50 mcg/inh; 500/50 mcg/inh	45/21 mcg/inh; 115/21 mcg/inh; 230/21 mcg/inh	55/14 mcg/inh; 113/14 mcg/inh; 232/14 mcg/inh	80/4.5 mcg/inh; 160/4.5 mcg/inh	160/9/4.8 mcg/inh	100/62.5/25 mcg/inh; 200/62.5/25 mcg/inh
Low Dose†	1 inh. QD	1*-2 puffs BID	1 inh. BID	2 puffs BID; 1 puff* BID	1 inh. BID; 1 inh. BID	2 puffs BID; 1 puff* BID	1 puff* BID	1 inh. QD
Medium Dose†	1 inh. QD	1 puff* BID	1 inh. BID	2 puffs BID; 1 puff* BID	1 inh. BID	2 puffs BID	2 puffs BID	1 inh. QD
High Dose†	1 inh. QD	2 puffs BID	1 inh. BID	2 puffs BID	1 inh. BID	2 puffs BID	2 puffs BID	1 inh. QD

Notes

The most important determinant of appropriate dosing is the clinician's judgment of the patient's response to therapy. The definitions of "low", "medium", and "high" dose ICS may vary by source. Where applicable, this resource reflects updated guidance from GINA 2023 which contains more conservative dose recommendations for these categories than previous GINA reports and NHLBI EPR-3 based upon recognition that generally the most benefit is obtained with the low dose; however, ICS response varies by the individual. **References:** NHLBI EPR 2007 and 2020 Focused Updates to the Asthma Management Guidelines, 2023 GINA Report: Global Strategy for Asthma Management and Prevention, manufacturer product information.

***Off-label dosing regimen**

† View manufacturer product information regarding disease-specific dosing and titration

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